

Breast Cancer.... The best protection is early detection

QA *What should I do if I find a lump?*
See a doctor immediately for a thorough examination and diagnosis.

The Bad News

Breast cancer is the most common form of cancer among women, and is the leading cause of cancer deaths after lung cancer. The causes of breast cancer are unknown.

In the United States, one out of seven women will develop breast cancer in her lifetime. The American Cancer Society estimates that this year, approximately 212,920 women in the United States will be diagnosed with breast cancer, and approximately 40,970 will die from breast cancer.

There are more than 2 million breast cancer survivors in America today.

The Good News

More than 90% of breast lumps are not cancerous.

More than 91% of women whose breast cancer is detected in the earliest stages are cured.

Mammography and clinical breast examinations have been shown to reduce cancer mortality by 30% or more.

All Women Are At Risk

More than 75% of women who develop breast cancer have no known risk factors.

There are several factors that increase the chance that a woman will develop breast cancer.

Age

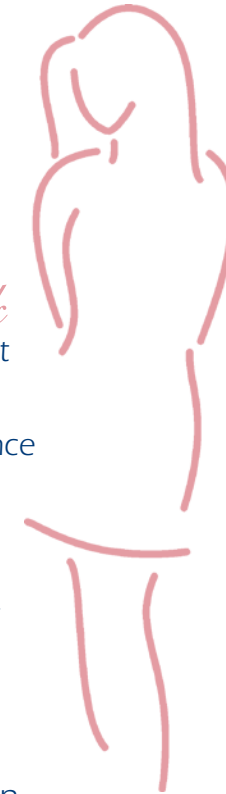
All women over the age of 40, especially older than 50, are at increased risk.

Family History

Breast cancer occurs more frequently in women whose close female relatives have contracted the disease.

Childbearing

Women who have never had children or who had their first child after the age of 30 are at increased risk.



Clinical Breast Examination

Ages 20-40

Every 3 years

Ages 40 and over

Every year

Women who fall into a high-risk category should consult with their doctor to determine their clinical breast examination schedule.

Self-Examination

Ages 20 and over

Every month in the first week following menstruation.

QA *Where should I get a mammogram?*

Contact your personal OB/GYN or a facility that is accredited by the American College of Radiology. To find out if a center is accredited or to get the names of accredited facilities, call the National Cancer Institute at 1-800-4-CANCER.

Important Resources

American Cancer Society
National..... (800) 227-2345
Mountain Valley Unit..... (530) 342-4567
Nevada County/Yuba County..... (530) 741-1366
Information, Memorials & Donations (800) 227-2345

Northern California
Breast and Cervical Cancer Partnership..... (530) 345-2483

Susan G. Komen Breast Cancer Foundation. (800) I-M-AWARE

California Department of Health Services
Breast Cancer Early Detection Division..... (916) 327-2784
Breast & Cervical Cancer Division..... (916) 327-7768

Support Group
Grass Valley
Sierra Nevada Cancer Center (530) 274-6656

United Cancer Research Society..... (800) 222-1533

Buddy Check 24 (800) 782-4637
This program, sponsored by KSEE-TV, reminds women to do their self-exam on the 24th day of each month.

National Cancer Institute
Cancer Information Service..... (800) 4-CANCER

To discuss coping with the disease, call the
Y-ME Hotline at (800) 221-2141

National Alliance of Breast Cancer (888) 80-NABCO
Organization (NABCO)
9 East 37th Street, 10th Floor
New York City, NY 10016

These calls are completely confidential.



Compliments of
**Assemblyman
Rick Keene**

District Office
1550 Humboldt Road, Suite 4
Chico, CA 95298
(530) 895-4217 Phone
(530) 895-4219 Fax

Capitol Office
State Capitol
P.O. Box 942849
Sacramento, CA 94249-0003
(916) 319-2003 Phone
(916) 319-2103 Fax

E-mail
Assemblymember.Keene@assembly.ca.gov

Website
www.assembly.ca.gov/Keene



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Cancer*



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